

Jewel Yoga Schedule

MON	TUE	WED	THU	FRI	SAT/SUN
	9:00 am Tonya Level 1 **				SAT
10:00 am Jane Beg. Yoga	11:00 am Tonya Level 2 **	10:00 am Cindy Gentle	10:00 am Tonya Level 1-2	10:00 am Jane Level 2	9:00 am Lori Level 2 *
		12:00 pm Jane All Levels Quiet Class	12:00 pm Jane Level 2		11:00 am Lori Community (All Levels)
		4:00 pm Tonya Level 3 **			SUN
5:30 pm Annika All Levels	5:30 pm Nicolo Level 2 **	6:00 pm Tonya Level 1	6:00 pm Tonya Level 2		9:00 am Nicolo Level 2-3
	7:30 pm Roberto Mindful Alignment **				11:30 am Roberto Gentle **
					5:30 pm Roberto Back Care

* Online

** Hybrid (in person or online)

italics - 60 Minute Class